

To deal with respiration in all its aspects in detail is not our purpose here. For healthy living, many modes of breathing have been prescribed from time to time by the ancient Rishies as well as the modern physical culturists. Some essentials are given below.

### 1. Cultivation of Correct Posture :

Cultivation of correct posture so as to keep the lungs at their fullest capacity is the first desideratum of a healthy and successful life. While walking or sitting or singing or talking, keep your thorax straight and erect without bending or crouching. This posture keeps the lung capacity at its maximum. You will gain self-confidence and get over your inferiority complex.

### 2. Special Exercises for increasing the Lung Capacity :

Vigorous walking and running strengthens the intercostal muscles and develop your breathing power on which perhaps your purchasing power also depends to a large extent. There are special exercises for increasing the lung capacity. Among Yoga Asanas we have Salabha, Mayura, Thada and Uddyana Bandha which greatly increase the lung capacity with the minimum of expenditure of energy (See Yoga Asanas For Schools and Colleges by the Author.)

### 3. Costal Respiration and Diaphragmatic Respiration :

The cavity of the thorax in which the lungs are enveloped may be increased in two ways. (a) By pushing the sternum and the ribs upwards with the help of the intercostal muscles and the muscles of the neck. (b) By pressing the diaphragm downwards into the abdominal cavity making it bulge.

### Costal Respiration :

The respiration in which the ribs and the sternum play a greater part than the diaphragm is termed as Costal Respiration.

### Diaphragmatic Respiration :

The respiration in which the diaphragm plays a greater part than the ribs is termed as Diaphragmatic Respiration.

In diaphragmatic respiration greater quantity of air is drawn in per each time than in costal respiration and hence diaphragmatic respiration is prescribed for health and vigour and in all lung diseases including consumption, as a preventive and a curative. You can cultivate a sweet and commanding voice by daily practising diaphragmatic respiration. Lecturers, platform speakers, lawyers, vocalists, actors, actresses, conversationalists, business people, lovers (a lover may be rejected for his bad voice and for no other reason, Just as the heroine in "A Damsel in Distress" rejected her lover for no other reason than that he has grown fat.), should all possess a good voice which is the Sine-qua-non of success. It gives you self-confidence.

### How to Practise Diaphragmatic Respiration :

It is very simple and easy provided you are determined to improve your voice out of all recognition. Lie on your back in your easy chair in the hot noon, may be in your bar room or in your own room. Nobody can suspect what you are doing unless your friend also knows the secret, in which case you become co-practitioners with bonds of brotherhood. Lie on your back on your bed when you retire after your day's toil. Take steady and long drawn breaths by pressing your diaphragm right down into your abdomen making it bulge. Exhale slowly. Repeat the exercise ten